GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

Prevent the Spread of Mildew

Mildew is a problem in areas where humidity is high. In other parts of the country damaging floods and heavy rains can leave homes damp and provide a medium for mildew growth.

Molds which cause mildew are always in the air, but need moisture to grow. Mildew leaves a musty odor, discolors fabrics and sometimes causes fabrics to rot. Molds develop most often on cotton, linen, rayon, silk, wool, leather, wood & paper. Damp, dark,warm & poorly aired cellars, crawl spaces, clothes closets, draperies and rugs in basements, shower curtains, clothes stored when damp and/or dirty are all perfect environments for mildew growth.

Control causes of dampness - replace cracked or defective mortar around the house. Check to see that drainage is adquate. Consider waterproofing concrete and other masonry walls above the ground. Seal absorbent brick and other surfaces. Prevent moisture from entering crawl spaces by spreading a layer of moisture barrier material over the soil under the building.

Good ventilation - helps remove moisture. When outside air is dryer than inside air, it absorbs excess moisture. Use an electric fan to circulate air of natural breezes are not sufficient. Air conditioners take warm air, cool it, and circulate the cool air back into a room. A dehumidifier helps control humidity. When using an air condition or dehumidifier, keep windows and doors closed.

If the house is very damp and musty, turn the heat on for a short time. This may help. Then open the doors and windows to let the moist air out. A light burned in a closet helps dry this area.

Keep closets, dresser drawers, basements, bathrooms and other susceptible areas as clean as possible. The method will depend on the surface. Some may require regular care with detergents or soap suds and others need special cleaners.

Prevent mildew growth on home furnishings and clothing - store garments and furnishings only when clean and dry. Even many man-made fibers which resist mildew must be kept clean because soil on them, under the right conditions, can start mildew growth onto other fabrics.

When you discover that you have mildew, the faster you move to get rid of it, the better the chances are of removing it successfully. Most wall coverings will rot or permanently stain if exposed to mildew for any length of time.

Wall surfaces can be washed with the following solution: ⅓ cup powdered household cleaner that contains tri-sodium phosphate (but no ammonia), ½ cup chlorine bleach in 1 gallon water. A milder solution of 1 cup chlorine bleach to a gallon of water can be used to eliminate musty odors on wall coverings.

If mildew has already appeared in your home, say on clothing or household fabrics, remove spots because it can weaken material. Begin by brushing off mold outdoors so that mildew spores do not scatter in the house. Any washable fabrics that have mildw on them can be pre-treated by rubbing a detergent into the dampened stain. Then launder the items in hot water and chlorine bleach if safe for the fabric. Should the stain remain, sponge with hydrogen peroxide, rinse and launder. If not bleach safe, soak items in an oxygen bleach according to the directions, then wash.

Upholstered pieces, mattresses, rugs, and carpets need to be treated differently since mildew can penetrate deeply. When possible, start by taking the mildew item outside and brush mold away with a broom. Using the upholstery attachment of a vacuum cleaner, run it over the surface to draw out more mold. Remember mold spores are going into the vacuum, so dispose of the bag or sweepings outside to avoid scattering mold spores. If the article is still damp, dry it with an electric heater or fan. Sun and air thoroughly to stop mold growth. If mildew remains on upholstered furniture, wipe it with a cloth wrung out of a dilute alcohol solution (1 cup denatured or rubbing alcohol to 1 cup water). Dry the article thoroughly. Spinge mildwed rugs and carpets with rug shampoo or use an electric shampoo machine. If possible, let the article dry in the sun.

Wipe mildew from leather with a cloth wrung out of dilute alcohol solution. Dry in a current of air. Use a fan for better circulation. If mildew remains, wash with saddle soap. Wipe with a clean cloth and dry in an airy place.

Sunshine and fresh air are definitely the homemakers friends when they have any problem with mildew. The secret to getting rid of mildew odors and stains is to tackle the problem immediately. Don't save this job until later, because the more you save it, the more the spores will grow.

If you have a homemaking question or problem, you may call us at 352-8244 or write us at P.O. Box 488, Appomattox, Va. 24522. Homemakers have a good week!

RECIPE OF THE WEEK

Lydia's Quick Sally Lunn

⅓ cup shortening
⅓ cup sugar
3 eggs, beaten
1 cup milk
2 cups flour
4 teaspoons baking powder
¾ teaspoon salt

Cream well shortening and sugar. Add the eggs and milk, alternating with dry ingredints which have been sifted. Bake in a shallow pan or muffin tins at 425 Degrees for 25 minutes.

Thanks for Lydia Davenport for sharing this delicious recipe with us.

Eating Well

by Mrs. Barbara L. Morlang, R.D., Ph.D., State Nutrition Consultant
Va. Dept. of Health

SALT INTAKE AND HIGH BLOOD PRESSURE

Many people think that table salt and sodium are one in the same. For all practical purposes, this is true. Table salt is sodium chloride, a combination of sodium and chloride. There is so much sodium in salt that on a diet restriction sodium, a patient must be careful about the amount of salt he uses. The same is true of monosodium glutamate which is popularly used as a seasoning. Both table salt and monosodium glutamate are sodium compounds. That is, they are combinations of sodium and another chemical element.

When a doctor prescribes medication for individuals with high blood pressure, he usually reduces the sodium in the diet to the amount he thinks the patient's body can handle. The doctor may prescribe a drug called a diuretic. This drug helps the body to get rid of excess sodium and water.

A sodium-restricted diet is usually prescribed over a long period of time, but the doctor is the only one who can say how long a patient should stay on it. The important thing is to keep in touch with the physician while on the diet and to see him as often as he suggests.

Food of course is the body's main source of sodium. In addition, there is sodium in some medicines and in water. The sodium in food may be naturally present or it may have been added during processing or cooking.

If you have hypertension and are on a diet prescribed by your doctor, always get his permission before using any medicines he has not prescribed. This is necessary because there are some medicines that contain sodium. The list includes items such as sedatives, headache remedies, cough medicines and laxatives. Individuals on a diet restricted in sodium should not use baking sods as a medicine, because baking soda is high in sodium content.

A good sodium-restricted diet does more than restrict sodium. It also provides the nutrients the body needs and it gives the right number of calories each day. For this reason the diet should be carefully worked out to include the proper amount of protein, fat, carbohydrates, and all the vitamins and minerals needed for good health.

For persons on a sodium-restricted diet, the problem of eating out may occasionally arise. Eating out should not be much more of a problem than cooking at home. In order that you will be sure to make the proper choices, you should check with your physician or the dietitian who explained your restricted sodium diet to you.

Are You in a Pickle or Jam?

Do you have questions concerning canning, freezing, pickling or jam and jelly-making? If so, why not visit the Appomattox County Extension Office. Shown above are Miss Lonnette Marsh and Miss Irene Ellis, members of the Appomattox Extension Staff with samples of these materials.

Please come by to pick up copies of these free materials.

If you have food preservation problems or questions, call us at 352-8244 or write us at P.O. Box 488, Appomattox, Va. 24522.

Complete First Aid Course

Eighteen young people have just completed a course in Advanced First Aid and will be getting certified in CPR within the next few weeks.

The course was taught by First Aid Instructor Pete Doss at the Appomattox County Rescue Squad Building. He was assisted by Ray Noble and Pat O'Brien.

Completing the Advanced First Aid course were, front row, left to right, Vicki Duff, Dwayne Scruggs, Lewis O'Brien, Joanie Fleshman, Valerie Goodman and Elizabeth Mullins; and on back row, left to right, Helen Mullins, Bud Rosser, Bill Vaughan, Greg Love, Doris Hughes and Mary Mullins. Completing the class but not available for picture were Lillian Fleshman, Adlene Harvey, Lula Garrett, Mary C. Garris, Kay Garris, and Donald S. Bryant.

Homemakers Asked To Check Utility Easement Before Gardening

This spring before you plant a garden, or a hedge, or put in a sprinkling system, check to make sure that you're not putting them of top of underground cable or under aerial wires.

If you'll look closely at the deed to your property, you'll find a "utility easement." This means that your telephone company has the right to put aerial or buried cable along a designated piece of your property. Like the municipality's sidewalk easement, it's often the first ten feet of your lot from the road. It may also be between houses or along back yards.

The reason for the easement is to allow the telephone company to place cable from the switching equipment office to your home in order to give you service. And, workers must be able to get to it to repair it on occasion.

Two problems can arise if you don't know where the cable serving your home is located. "First," said Tom Phelps, Customer Service Manager, with Continental Telephone in Amherst, Va., "you may inadvertently cut through buried cable when you're gardening or planting. A cut cable can interrupt your service and possibly your neighbors' service, too.

"The telephone company will repair any damage," added Phelps, "but it's only fair to remind you that we do send a bill to whoever cuts our cable."

Even if the cable serving your area isn't buried, please check the easement. Trees have to be trimmed away from aerial wires: branches constantly rubbing against cable sheathing can wear it out, and moisture entering the cable can cause an outage or noise on the line. Trees and their branches that fall in a storm can seriously damage telephone cables.

Please remember, too, that cable is buried wherever and wherever it's practical and economical and the construction budget permits. If you've planted a row of hedges along the telephone company's easement, you risk having them damaged when the cable is buried.

If you have any doubt about where cable is buried, please call 804-946-5556. A telephone company employee will be happy to tell you its exact location.

"If you have any questions about your rights and responsibilities, or about our rights and responsibilities, just call our business office at 946-7184," said Phelps.

"We don't want to damage your plants or yard, and you don't want to cut our cable," he added. "These situations can be so easily avoided – if you'll just call us a call."

REVIVAL PLANNED AT CHURCH OF GOD

The Church of God of Prophecy, located on Highway 1010 in Appomattox, is having a week end revival June 21st through June 23rd.

Rev. Jerry Curry of Burkeville will be the guest evangelist.

Services will begin each evening at 7:30 p.m. The public is cordially invited to attend.

Rubber Stamps and Stamp Pads on sale at the Times Virginian. Phone 352-8215 for fast service.

Rev. George F. Ricketts

To Speak At Memorial Church Sunday Afternoon

Rev. George F. Ricketts, Executive Director of the Chaplain Service of the Churches of Virginia, Inc., will be speaking at Memorial United Methodist Church on Court Street Sunday, June 24th, at 3:00 p.m.

This conference, sponsored by the Appomattox Ministerial Association, will be open to ALL laymen and pastors in the area who are interested in ministering to people in prisons and jails. The conference will be approximately an hour and a half long so as to include a time for questions and answers.

Rev. Ricketts was ordained by the Chatham Heights Baptist Church in Martinsville in 1958. He has served six months as Chaplain at Virginia State Farm, 18 months as Interim Chaplain, Virginia State Penitentiary in Richmond; 3 months as visiting Chaplain to 30 Virginia Road Camps; from June 1961 to May 1965 he was Chaplain at Southampton Farm, from June 1965 to February 1968 he was Chaplain at Virginia State Farm, and from March 1968 to the present time he has served as Executive Director, Chaplain Service.

This will indeed be an interesting conference and you will want to be present.

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OBITUARIES

Arthur H. Roberts

Arthur Henry Roberts, 90, of Wright Shop Road, Madison Heights, died at 10:40 p.m. Saturday at Lynchburg General Hospital after a long illness. His wife was the late Bessie RhodesRoberts.

Born in Amherst County, he was a son of the late Robert Roberts and Lula Roberts Cash. He was a retired employee of Craddock-Terry Shoe Corp., where he was a member of the Quarter Century Club, and was a member of Sandy Bottom Christian Church, where he formerly served as elder and Sunday School superintendent.

He is survived by four sons, Joseph E. Roberts, William H. Roberts and Melvin E. Roberts, all of Madison Heights, and Arthur W. Roberts of Wichita Falls, Texas; four daughters, Mrs. Myrtle R. Burch, Mrs. John S. Steuart and Mrs. William T. Reichard, Jr., all of Madison Heights and Mrs. Robert C. Viar of Roanoke; four half-brothers, Elmer Cash, James E. Cash, Otti Cash and Harry Cash, all of Madison Heights; five half sisters, Mrs. Clara Cox of Lynchburg, Mrs. Lola Eisemon, Mrs. Lula Wingfield and Mrs. Rolphe Stinson all of Madison Heights; and Mrs. Claudie Moore of Appomattox; 17 grandchildren, 28 great-grandchildren, and four great great grandchildren.

Funeral services were conducted at 3 p.m. Tuesday from Sandy Bottom Christian Church by the Rev. Glenn David Vaughan. Burial was in Meade Cemetery.

Whitten Park was in charge of arrangements.

Ralph L. Pierce

PHILADELPHIA, PENN. Ralph L. Pierce of 1844 Widener Place, Philadelphia, Pennsylvania, died June 12, 1979, in Germantown Hospital, Philadelphia, following an illness of several months.

Born in Hampton, Virginia, he was the son of the late John B. Pierce and Beatrice Jones Pierce of Hampton Institute, Virginia. He attended Hampton Institute and Virginia State College in Petersburg, Virginia. His adult years were spent in Philadelphia, Pennsylvania, where he lived and worked as a general contractor.

He is survived by his wife, Mrs. Hilda M. Pierce of Philadelphia; a sister, Mrs. Harriet Pierce James of Appomattox, Virginia; three brothers, John B. Pierce Jr., of Yeadon, Pennsylvania, Charles I. Pierce of Philadelphia, Pennsylvania, and William M. Pierce of Little Rock, Arkansas; a nephew, Lt. Col. Charles O. Jeffries, Jr. of Severn, Maryland; a number of other nieces and nephews; three stepsons; and a host of relatives and friends.

Funeral services were conducted at Emmanual United Methodist Church, Philadelphia, Pennsylvania, by the Reverend Clyde Henry, on Friday, June 15, 1979.

Interment was in Rolling Green Memorial Park, West Chester, Pennsylvania, on Saturday, June 16, 1979.

Nix and Nix Funeral Home, Philadelphia, Pennsylvania, was in charge of arrangements.

John Allen Moon

John Allen Moon, 56, of Route 3, Lynchburg, died Sunday in McGuire Veterans Hospital in Richmond after long illness. He was the husband of Shirley Gilley Moon.

Born in Lynchburg, he was a son of the late William Perrow Moon and Julia Perrow Moon. A veteran of World War II, he retired from the United States Marine Corps after 30 years of service, where he served as a first sergeant for 18 years. he was a member of Memorial United Methodist Church.

In addition to his wife, he is survived by a son, John Allen Moon Jr. of Lynchburg; a daughter, Mrs. Barbara Goff of Concord; four brothers, Lt. Col. William P. Moon, Jr., U. S. Army of Lynchburg, Dr. Henry S. Moon of Richmond, Ret. Maj. Robert L. Moon, U. S. Air Force, of Riverside, Calif., and James C. Moon of Hurt; two sisters, Mrs. O. L. Perkins of Lynchburg and Mrs. E. D. Wright of Fork Union, and two grandchildren.

Funeral services with full military honors were conducted at 4 p.m. Tuesday at Virginia Funeral Chapel by the Rev. Hugh Bumgarner with burial in Fort Hill Memorial Park.

Mrs. Tom Carr

Ida Belle Wooldridge Carr, 71, of 1201 Long Meadow Drive, Lynchburg, died Tuesday morning, June 12, 1979, at her home after a long illness. Her husband was the late Tom Carr.

Born in Appomattox, she was a daughter of the late Ed Wooldridge and Ida Lee Wooldridge. She was a member of Old Forest Road Baptist Church.

She is survived by two sons, Joe Carr and Raymond Carr, both of Bethpage, Long Island; four sisters, Mrs. Gracie Sharp of Suitland, Md., Mrs. Della Mitchell and Mrs. Lillie Allard, both of Farmville, and Mrs. Myrtle Blanks of Lynchburg, and three grandchildren.

Funeral services were conducted at 3:30 p.m. Thursday in Whitten Park Avenue Chapel. Burial was in Spring Hill Cemetery.

Margie Elizabeth Wooldridge

Mrs. Margie Elizabeth Wooldridge died June 11, 1979.

A daughter of Mrs. Ella Butler and the late Frank Butler, she was a member of Springfield Baptist Church.

She is survived by her husband, Raymond B. Woolridge; one brother and six step-children; five grandchildren and one great grandchild.

Funeral services were held at Springfield Baptist Church. West Funeral Home was in charge of arrangements.

Mrs. John W. Jackson

EVERGREEN - Mrs. Alice Farmer Jackson, 86, died at 12:15 a.m. Monday in Virginia Baptist Hospital. She was the widow of John W. Jackson.

Born in Carroll County, she was a daughter of the late Joshua and Amelia LaRue Farmer. She was a member of Evergreen Baptist Church.

She is survived by a daughter, Mrs. Kathleen J. Tibbs of Richmond; a sister, Mrs. Clara F. Garrett of Evergreen; four grandchildren, Gerald L. Hall, Donald P. Hall, and Douglas T. Whitt, all of Richmond, and Robert D. Tibbs of El Paso, Texas, and four great-grandchildren.

Funeral services were conducted at 2 p.m. Wednesday from Evergreen Baptist Church by the Rev. Edmond M. Terry.

Burial was in Evergreen Cemetery.

Robinson Funeral Home was in charge of arrangements.

Norvel C. Almond

Norvel Clifford Almond, 68, of Lot 43, Brentwood Trailer Court, Lynchburg, died at 6:15 p.m. Friday in Lynchburg General Hospital after a short illness.

Born in Appomattox County, he was a son of the late Hammie Almond and Ruth Ann Almond. He was a retired employee of Leggett Department Store, a Navy veteran of World War II and a member of Fairview United Methodist Church.

He is survived by a son, Buddy Almond of Manasssa; two daughters, Mrs. LaVerne Ramsey of Richmond and Mrs. Barbara Stump of Madison Heights; a brother, William Almond of Baltimore, Md., and eight grandchildren.

Funeral services were conducted at 11 a.m. Monday from Whitten Park Avenue Chapel by Dr. John Suttenfield. Burial was in Virginia Memorial Park.

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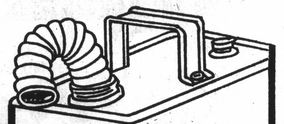

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Chestnut Grove

Mr. and Mrs. Jim Carter and Linda Morris both of Richmond were visitors during the weekend in the home of Mr. and Mrs. Calvin W. Morris.

Mr. and Mrs. Edward Senger and Mr. and Mrs. Dale Senger and Brandon attended homecoming at Hatcher Baptist Church in Cumberland Sunday.

Visitors of Mrs. Janie Repass at Roseland Sunday were Mr. and Mrs. Ralph Repass, Mrs. Joan Price, David and Tommy.

Mr. and Mrs. Johnie Harris and Aaaron were Sunday visitors of her parents, Mr. and Mrs. A. G. Waycaster of Dillwyn.

Mr. and Mrs. H. Flood Harris, Mr. and Mrs. Jerry Crenshaw and family, all of Green Bay, were Sunday visitors of Mr. and Mrs. Russell L. Harris.

Sunday visitors of Mr. and Mrs. Lewis Morgan at Andersonville were Mr. and Mrs. Don Morris and boys.

Sunday visitors of Mr. and Mrs. Rice Seay at Andersonville were Mr. and Mrs. Roger Morris and girls.

Mr. and Mrs. W. T. Cook and Charles Wayne Cook were Sunday dinner guests of Mr. and Mrs. Edward T. Cook, of Prospect.

Mrs. Mary Saul, Mr. and Mrs. Ray Mathews, all of Alexandria, were week end visitors of Mrs. T. N. Saul. Mr. and Mrs. R. C. Moore, Jr. of Appomattox were Friday supper guests of Mrs. Saul.

Mr. and Mrs. David Woodall, Jeffrey and Chasity, all of Farmville,were Sunday supper guest in the home of Mrs. Ruth Beasley. Jeffrey spent Sunday night and returned home Monday.

Mr. and Mrs. Dan Senger, of entertained the in-laws of their children with a supper Sunday honoring the fathers, Mr. and Mrs. Bob Bryant, Mr. and Mrs. Joe Harris were among the guests.

The Homemakers Club of Chestnut Grove met Monday in the home of Mrs. Johnie Harris with 14 members present and one visitor. The demonstration, on bathroom decor was given by Mrs. Harris.

Miss Myra Bracey will be at Chestnut Grove Club house Thursday, June 28, from 1 p.m. to 3 p.m. to test your pressure canner gauge. Bring your canner top only.

Mr. and Mrs. T. C. Beasley, of Roanoke, spent the week end with their parents, Mr. and Mrs. K. M. Beasley, Sr. and Mr. and Mrs. Kelly Branch, of Buckingham. Mrs. K. M. Beasley, Jr. and Kathy were Wednesday overnight guest of Mrs. Katherine Carson at Spout Spring.

Jordan News

Services will be held Sunday morning at 11:30 a.m. at the Mt. Zion Baptist Church in Concord.

Anniversary services for Rev. C. L. Elliott will be observed Sunday at 3 p.m. at the Mt. Zion Baptist Church. This will be celebrating Rev. Elliott's 12th anniversary.

We are glad Mrs. Hilda Jones has returned home from the hospital. We hope she continues with her speedy recovery.

At Bedtime . . .

A wedge-shaped foam rubber bolster, inserted between the mattress and springs of your bed, will put you in an ideal resting position, can help prevent varicose veins and other circulatory problems.

Beauty Tip

If you've got fine hair, try using flat beer as a setting lotion. Spray it lightly on damp hair with a mist spray bottle.

Did You Know . . .

One of the ten most common risk factors in heart attacks is lack of exercise.

A regular program of exercise strengthens the heart and lungs, as well as improving muscle tone and overall health, according to medical experts.

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With, of all things, vinegar! Vinegar also takes the itch out of insect bites.

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Ladies Suits (Pink, Navy/White, Linens) **20% Off**

Men's Suits Reg. to $145. **$99.00**

Men's Dress Shirts **20% Off**

Men's Ties Reg. to $7.50 **$3.99**

Pandora, Moody's Goose, Eva The Branch Sportswear **½ Price**

Junior & Misses Swimwear Thurs., Fri., Sat. Only **20% Off**

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Jr. Skirts, Slacks, Shorts, Vests **20% Off**

Misses Sportswear **½ Price**

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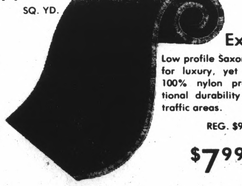

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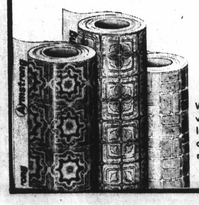

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